

**Crew Rest**

GMT	GMT	Activity
16:00–16:10		Morning inspection
16:10–16:40		Post-sleep
16:40–17:30		BREAKFAST
17:30–17:40	FE-1	Daily payload status check
17:40–17:50		CSA-CP data collect
18:00–18:20	CDR	Transfer of 3 ORLANs to their nominal stowage location in DC-1
18:05–18:45	FE-2	Maintenance of COЖ
18:30–18:50	FE-1	EMU transfer from A/L to NODE
18:30–18:45	CDR	Private family conference ( <i>home phone/S-band</i> )
18:45–19:00	FE-2	
19:00–20:30		Physical exercise (TVIS + active rest / day 3)
19:45–19:50	CDR	Calldown of CBO water supply status
19:50–19:55		Calldown of CП counter status
20:00–21:00		Physical exercise (TVIS–3)
20:15–20:30	FE-1	Private family conference ( <i>S-band</i> )
20:40–20:55		Private psychological conference ( <i>S-band</i> )
21:00–21:15	CDR, FE-2	Setup for TV pass ( <b>T<sub>0</sub> = 20:59, T1,T2,T3 will be activated by the CПП</b> )
21:15–21:35		TV conference with BEOS
22:00–23:00		LUNCH
23:00–00:00		Prep for crew departure
00:00–00:30	CDR, FE-1	SAFER checkout
00:00–01:00	FE-2	Physical exercise (TVIS-3)
00:30–01:00	CDR	Physical exercise (Active Rest)
01:05–01:50		11A conference ( <i>S-band</i> )
02:00–04:50	CDR, FE-2	ELECTRON: Fluids Unit БЖ №004 R&R
02:40–02:50	FE-1	EXPRESS Rack 2: ARIS guide installation
02:50–03:00		EXPRESS Rack 2: powerdown
03:00–04:30		Physical exercise (RED)
04:30–05:30	FE-1	Physical exercise
04:50–05:00	CDR	<b>On MCC GO:</b> Mating БЖ №005 telemetry (TMI) connector
05:30–06:00		Daily plan review
06:00–06:15		Daily planning conference ( <i>S-band</i> )
06:15–06:45		Report prep
07:00–07:30		DINNER
07:30–08:00		Daily food prep
08:00–09:00		Pre-sleep
09:00–17:30		SLEEP

**Note:** See OSTP for references to US procedures  
End of radiogram